

**ABSTRACT**

A cushion, pad, or support for stretching and exercising on the floor includes a wedge-shaped base. A head/neck pillow is joined at a top central location on the wedge-shaped base. The wedge-shaped base is  
5 advantageously made of foam, such as mattress foam, while the head/neck pillow is made of a softer foam, such as memory foam. A removable cover is advantageously provided over the cushion or support. A carrying handle and a pocket are optionally provided on the cover.